



WINTER WELLNESS OFFERINGS

More flyers and information at the front desk for starred offerings!

See full calendar of series for dates and times!

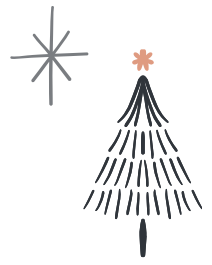


All registrations online begin with the title Wellness Series; registration opens on 12/15/25

- ☐ **Adult Group Swim Lessons:** Registration required at front desk/online for a session of 4 group swim lessons in either January or February. We ask one session per person, no fee (limited spots)
- ☐ ***Yoga for Beginners:** Ever wanted to try a yoga class, but too intimidated? Yoga for beginners is the perfect place to try! Laid back, no stress way to try it out. Register at the front desk or online, no fee, drop-ins welcome if space allows
- ☐ ***Fitness Class Jamboree:** Join the land instructors for a snapshot of their class offerings in one big fitness party! Register at the front desk or online, no fee, drop-ins welcome if space allows
- ☐ **Pool Exercise Equipment Tutorial:** Want to workout in the pool but not actually swim laps? Rehabbing an injury? The aquatic staff will show you how to use some pool equipment. No registration, no fee.
- ☐ ***Chair Yoga:** Have limited mobility or do you sit at a desk all day? Join us for chair yoga to learn gentle moves and stretches to help aches and pains. Register at the front desk or online, no fee, drop-ins welcome if space allows
- ☐ ***Aqua Class Jamboree:** Join the aqua instructors for a snapshot of their class offerings in one big pool party! Registration required, no fee. (limited spots)
- ☐ ***Launching Your Journey to Optimal Aging: Resources and Strategies for Every Stage of Life:** Join Jen for an inspiring conversation about aging well and discover practical resources that can make a real difference. She'll introduce you to American Heart Association's Life's Essential 8's – a powerful framework to help you kickstart your journey toward optimal aging, no matter your age or stage of life. Register at the front desk or online, no fee, drop-ins welcome



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- ***Mermaid Yoga Event:** Join AJ Lund for a one-time winter escape to help you relax, recharge, and reconnect with your inner magic. Gentle yoga on the pool deck followed by floating in the indoor pool for a soothing sound bath. Register at front desk or online, \$15.00 fee (limited spots)
- **Personal Training Sessions:** Megan is offering complimentary 30 minute personal training sessions. Registration required at the front desk or online, no fee. (limited spots)
- **CPR/AED/First-Aid Class:** Learn adult and pediatric CPR/AED and First-Aid. Registration required, no fee. (limited spots)
- ***Hy-Vee Nutrition Session: Effortless Meal Ideas for Bust Families** Are you struggling to find time to prepare nutritious meals for your family while also balancing a busy schedule? Join our Hy-Vee dietitian for a practical presentation guiding you on how to create nutritious means using ready-to-eat ingredients. Register at front desk or online, no fee, drop-ins welcome
- ***Fluid Running:** Fluid running is a full body workout for everyone at any age and ability. Fluid running takes place in the deep end of the pool while wearing floatation belts. It is great for strength building, injury reduction, zero to low impact, improved circulation and improved cardiovascular health! Register at the front desk or online. \$60.00 fee for 4-week session, (limited spots). 30-minute trial class offered to try it out at no cost before signing up for the session.

For more information or have questions, contact Ashley Bjork,
Aquatic Supervisor at abjork@northlibertyiowa.org

All flyers and information can be found online at:

<https://northlibertyiowa.org/aquatics>